

# Vital Statistics

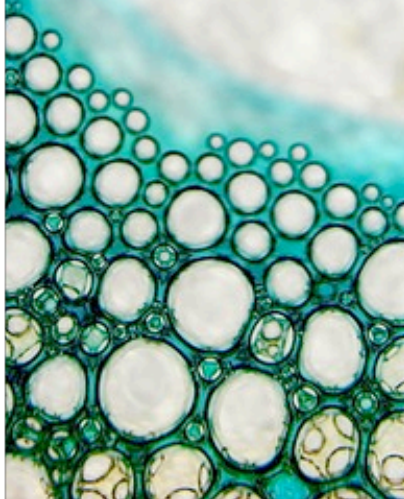
June 2009 Issue 7

TO ILLUMINATE AND UNITE

## CALENDAR OF EVENTS

June 15-18: Bookstore open  
June 18: Seminar on aging  
June 18: Wildcats game  
June 20: Wetlands restoration  
June 22: Orientation  
June 22-25: Bookstore open  
June 25: Schizophrenia reading  
June 25: Wildcats game  
June 27: Rosemont restoration  
June 29-July 27: Stress  
management workshops

for event details, see page 3



## Life Beyond Linfield:

Diane Welch on School, Work, and Leadership

Interview by Gina Drew

### ***Q: How long have you been at Linfield?***

A: In '91 I worked as an adjunct and in '92 I became full-time, so I've been working here 17 years full-time.

### ***Q: Why did you decide to become a nurse?***

A: When I was younger, I was in love with John Wayne, and in TV shows he fell in love with nurses. It was very pragmatic, I could always get a job, and could always take care of myself. I enjoy the interactions with people and take pleasure in solving problems.

### ***Q: What type of nursing did you do and why did you choose that field?***

A: At first I hated the ER, but I really enjoyed med-surg. Then there was an ER opportunity that came my way, so I took it because I needed a job. After working in the ER for a while, I realized it suited me quite well.

### ***Q: What was your scariest nursing moment?***

A: I had been a CPR instructor for 15 years. I was at a swimming pool and I had to pull a kid out. I couldn't open his airway. He was blue and his jaw was clamped shut from seizing. A wave of terror hit me because there was a crowd of people, and I knew they were thinking, "This kid is going to die at the hands of a CPR instructor." I thought that way for about 5 seconds before it dawned on me that I could do mouth-to-nose instead of mouth-to-mouth. The time it took waiting for help and before I was able to realize an alternate path to mouth-to-mouth seemed like an eternity. I was unable to stand for several minutes after help arrived.

(Continued on page 2)

Interview pg. 1-2

Events pg. 3

Community Board pg. 4

(Continued from page 1)

***Q: What are your favorite and least favorite things about nursing?***

A: Favorite: Opportunity to get into people's lives and make a difference at a time of need. How many jobs let you do that? It is so special. Least favorite: Not as much influence as we should have, and such difficulty speaking with one voice about big or important issues.

***Q: Why do you think leadership is important?***

A: It takes courage to be a leader. You are always speaking for the patient in ways they don't even realize. Leaders can take charge in the best interest of their patients. If the nurse is not a leader, the patient suffers. It is also beneficial to be immersed with other professionals in different organizations.

***Q: Were you a leader in nursing school, and in what capacity?***

A: Yes! I was the president of Emanuel Oregon National Student Organization, a class representative, and I participated in clubs on campus. Once in my career I was president of Seattle King County Emergency Nurses Association and later the Oregon League for Nursing.

***Q: Do you have any advice for finding a job?***

A: Be patient. If you're not place-bound, look outside the Portland area, as there are still many pockets in the country with a shortage including rural health nursing. There is more breadth of practice in smaller places. You could do an apartment share with recent grads, where you work a distance away from your home in Portland, and a group of you share a one-bedroom place by your work location. You schedule to work all your shifts in a row and stay at the shared apartment in between those shifts. The Indian Health Service has a loan repayment program of about \$20,000 a year. Keep flexibility with what you are willing to do to get your foot in the door (part time, nights, weekends, etc). Volunteer for a while if you aren't able to find a nursing job right away.

***Q: Where do you think the field of nursing is headed, and how can new grads contribute to shaping it?***

A: The [nursing] shortage has really hurt us [trying to push for] BSN requirements; the timing doesn't work. But anything less than what is currently required for a BSN is inadequate preparation. It is important to get more BSN-prepared nurses. At some point, we all need to be on an equal level. In other professions, there is one level that is required; for example all pharmacists have to be doctorate-prepared. It is unfortunate that nursing is still allowing many different education levels. In fact there is a new Diploma school that just opened up in Seattle, going backwards rather than forwards toward equal preparedness. It would be nice if we regulated our own practice. The torch is being passed to you, and I would like to see this change within my lifetime.

***Q: Do you have any stress management tips or suggestions for sustaining energy and avoiding burnout?***

A: Exercise. I ran for 25 or 30 years (including marathons) and it is a great stress reliever. I also did the Alcatraz swim last year. Have colleagues and peers that you trust and can share things with, vent to and confide in. If you're able to find these people at your work then you have someone to cry with and watch out for you. Make sure to have a life outside of the nursing practice; for example, be involved in professional organizations. That way you can put your work problems in perspective.

***Q: If you could convey one thing about nursing school to your students, what would it be?***

A: Be patient with your nursing knowledge. You can't learn everything all at once. The information you will need in your careers will be taught to you when you need to use it.



## Campus Events

### JUNE 15-18, 22-25

Portland Campus bookstore open

### JUNE 18- Thursday

Seminar- Innovation and Aging in Oregon. Topics include updates on geriatric literature, service delivery, assistive technology, POLST, and activity planning. 8:00 am at the E. Paul Kirk Conference Center: Center for Health and Healing at 3303 SW Bond Ave. For more information, contact Melissa Bosworth at [bosworth@ohsu.edu](mailto:bosworth@ohsu.edu).

Wildcats game against the PGE Hotsticks at 7:20 pm. Delta Park/Budweiser field. Contact Scott Shepherd at [scshep@linfield.edu](mailto:scshep@linfield.edu) for more information.

### JUNE 22- Monday

New student orientation held in PH 110.

### JUNE 25- Thursday

Staged reading- Found Lives: The Struggles and Triumphs of People with Schizophrenia and Those Who Love Them. 7:30-9:30 pm at the OHSU Auditorium at 3181 SW Sam Johnson Park Road.

Wildcats game against the All Nation All Stars at 7:20 pm. Delta Park/DeMarini field. Contact Scott Shepherd at [scshep@linfield.edu](mailto:scshep@linfield.edu) for more information.

### JUNE 29, JULY 6, JULY 13, JULY 27- Mondays

The counseling team at the Portland Campus is offering a free four-week stress management workshop incorporating various techniques. 5-6:30 pm Mondays. Registration and attendance at all four sessions is required. Contact [pdxcounseling@linfield.edu](mailto:pdxcounseling@linfield.edu) for more information.

# Community Board

The purpose of the Community Board is to consolidate information about job postings, volunteer opportunities, rooms for rent, and books and other items for sale. Please contact [kbrociu@linfield.edu](mailto:kbrociu@linfield.edu) for questions, comments, or postings.

## **FOR SALE**

Chinook Books, \$15. Email [kbrociu@linfield.edu](mailto:kbrociu@linfield.edu) if interested.

Scrub tops: dark purple, unisex, great condition. \$5. Contact Katie Ouzounian at [kouzoun@linfield.edu](mailto:kouzoun@linfield.edu).

Posey gait belt. Fits up to 51" waist. Barely used, in great condition. \$10. Contact [kouzoun@linfield.edu](mailto:kouzoun@linfield.edu).

Size 8 women's rollerblades. Barely used, in great condition. \$20. Contact [kouzoun@linfield.edu](mailto:kouzoun@linfield.edu).

Kids knee, wrist and elbow guards (for rollerblading, etc). Colors are blue, purple, and black. They are well-used but clean and still very functional. \$15 for set. Contact [kouzoun@linfield.edu](mailto:kouzoun@linfield.edu).

Original X-Box in great condition with two controllers, \$30. Email [kbrociu@linfield.edu](mailto:kbrociu@linfield.edu) if interested.

Essentials of Nursing Research textbook by Polit and Beck. 6th edition with c.d. \$40. Contact Heather Oneal at [honeal@linfield.edu](mailto:honeal@linfield.edu).

## **LINFIELD COMMUNITY**

Nurse Lobby Day. Check out photos from Nurse Lobby Day at <http://www.linfield.edu/portland/nurse-lobby-day.php>

## **GENERAL INFORMATION**

Working Class Acupuncture (WCA) is an organization devoted to using acupuncture to create social change in health care. As Linfield students, we have an opportunity to order WCA's new book at wholesale cost, which is \$12.50 instead of \$25. Linda Anzalone says, "I read it and it's pretty cool and also rather radical. YOU would actually have enough knowledge to needle someone after reading this book. I will place the order on June 29th. For more info, check out their website at [www.workingclassacupuncture.org](http://www.workingclassacupuncture.org). Contact me at [lanzalo@linfield.edu](mailto:lanzalo@linfield.edu) to place an order. Checks made out to Working Class Acupuncture can be dropped in my docket. Delivery July 2nd. Cheers!"

### JUNE 20- Saturday

Errol Heights Wetlands restoration project from 9 to noon. Help with the removal of invasive and overgrown plants. Bring your own gloves and drinking water. Meet at the corner of SE 52nd and Tenino. For more information, contact Louise Shorr at [lshorr@ci.portland.or.us](mailto:lshorr@ci.portland.or.us).

### JUNE 27- Saturday

Rosemont Bluff Natural Area restoration project from 9 to noon. Help restore this small natural area in NE Portland. Meet on NE 67th just north of Glisan, across from the Donald E. Long Detention Center. Bring gloves and drinking water. For more information, contact Louise Shorr at [lshorr@ci.portland.or.us](mailto:lshorr@ci.portland.or.us).